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Real Confidence : Stop feeling small and start being brave

Real Confidence: Stop feeling small and start being brave "Confidence has become the holy grail of modern life" argues a new book from Psychologies Magazine. Many people believe they could do anything they want, if only they could be a bit more comfortable in their own skin.

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Real Confidence: Stop feeling small and start being brave (Paperback) Psychologies Magazine. Published by John Wiley and Sons Ltd, United Kingdom (2016) ISBN 10: 085708657X ISBN 13: 9780857086570. New Paperback First Edition Quantity Available: 10.

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